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beside a mother who was picking over one hundred or more pacifiers in a glass jar; turning to me she said, "Don't you think this is the largest? My baby is two years old." It was both large and long. A filthy little two-year-old standing near by had one sewed to its coat and one around its neck. Perhaps M. D. B. might be interested in our attempt at doing something along this line. We have a "No-dummy" League, with 180 mothers as members besides many influential women members; the object of the League is stated on the back of the membership card; the League meets quarterly; talks are given by physicians on matters pertaining to the work discussed. Our plan is to solicit membership of our pre-natals and our newly confined. Our mothers are sticking to their League and are always bringing in a few new members. As one mother puts it, pointing to a three-year-old, "That one the light was never out with; I could not keep her quiet night or day. This baby has never known one of those dummies and I have never lost one hour's rest with her." I thank M. B. D. for bringing forth forcible thoughts on pacifier.

Canada

A. L. P.

CONSTIPATION

DEAR EDITOR: We read and hear much on this subject. Perhaps the following suggestion may prove helpful: Eat dry shredded wheat or triscuits. These may be made palatable with fruits, marmalades, jams, honey, syrups, etc.—toasting. In a case of pre- and post-operative adhesions, from two to four eaten for breakfast, occasionally for supper, or in the evening, have apparently been responsible for establishing normal catharsis after seven years of enemata—cathartics not being used for over five years.

New York

E. C.

HOW TO INTEREST YOUNG NURSES IN OUR ORGANIZATIONS

DEAR EDITOR: Creating such an interest should be part of the school curriculum just as much as any subject. Another method is that employed by Texas of sending its state secretary to every district once a year, and plans are made whereby all student nurses in the schools of nursing

are addressed on the history of nursing organizations; the value of being affiliated with each one; the joy of coming in contact with other nurses of the profession. I believe if the prominent workers in our organizations could be visualized to the young nurses, in an interesting manner, they would be eager to meet them and know them personally. Another method would be to have the Seniors in the schools have programmes at the District Association meetings, at any rate they should always have an invitation to attend them. Why should we not also encourage the students in the schools to organize an association of their own, especially advising them to have someone teach them parliamentary law? All district and state associations ought to elect younger nurses to such offices, as they could hold, and while holding these, nurses should learn all they can from those carrying the burden of the work of the organization. They should be put on committees and given responsibility. When a nurse is made a chairman or a member of a committee let *her*, not the officer appointing her, be responsible for the work of that committee. So often a nurse loses interest in the work because the presiding officer after appointing her does the work. Let us also pay more attention to our younger nurses when they attend meetings. I remember well my first A. N. A. meeting; there is no insect which is smaller than I felt in that large gathering, even though I did represent the largest state in the Union. Even today I have not forgotten the joy that filled me when two or three of the officers took the trouble to be extremely nice to me. It has always been my especial joy in the State meetings to go to the young nurses coming for the first time to a meeting and welcome them, and introduce them to the members. Those are the things that will do much towards creating interest in our association work. After all, it is the little courtesies in life that make life sweet and worth while, and lovable.

Texas

A. L. D.

A TRIBUTE TO THE NURSING PROFESSION

DEAR EDITOR: Regardless of the accusations of the commercializing of the nursing profession, the fact remains that, in